



Washington State Department of

**Early Learning**

## **ECEAP Reminders and Links**

**December 1, 2008**

Email: [eceap@del.wa.gov](mailto:eceap@del.wa.gov)

Web: [www.del.wa.gov/eceap](http://www.del.wa.gov/eceap)

### **Due Dates**

- Complete health screenings (Standard D- 7) . . . . By 90 days from class start
- Complete dental screenings (Standard D- 8) . . . . By 90 days from class start
- Complete medical exams (Standard D- 9) . . . . . By 90 days from class start
- Complete developmental screenings (Standard E-10) . . By 90 days from start

### **Save the Dates**

- [ECEAP Contractor Training](#), Part 1. . . . . February 26-27, 2009
- [DEL ECEAP Directors Meeting](#) . . . . . March 5-6, 2009
- [ECEAP Family Support Cluster Meeting](#) – Moses Lake . . . . . March 13, 2009
- [ECEAP Family Support Cluster Meeting](#) – Lacey. . . . . March 18, 2009

## **ECEAP Updates and Announcements**

### **Thank You to DECA Training Hosts**

Thank you to the ECEAP contractors who hosted DECA trainings this fall. EPIC hosted the Yakima trainings, ESD 112 hosted in Vancouver, Olympic ESD in Bremerton, and Puget Sound ESD in Renton. You helped DEL find meeting rooms, caterers, and lodging and helped make sure everything worked smoothly for the 207 participants in the trainings. We could not provide these successful events without your help!

### **e-DECA Security Reminder**

To maintain the security of e-DECA data, it is important to close the internet after each use of e-DECA. Otherwise, your computer may store “cookies” with your ID and password, allowing the next user to access your level of e-DECA. This is especially important when one computer is used for people with classroom level access and program-wide access. So, please remember, logging out is a two-step process – log out, then close the internet session entirely. If you have e-DECA questions, contact: Susan Damico, Operations Director, Devereux Early Childhood Initiative, [SDamico@Devereux.org](mailto:SDamico@Devereux.org), (610) 542-3108.

### **ECEAP Contractor Website**

See [www.del.wa.gov/eceap](http://www.del.wa.gov/eceap) for information to manage your ECEAP program. This page has the latest ECEAP Reminders and Links and registration forms for training and meetings. See the link at the upper right for “ECEAP Forms and Documents.”

## **Training Opportunities**

### **ECEAP Contractor Training – Save the Date**

ECEAP Contractor Training, Part 1, will be offered February 26-27, 2009, in Wenatchee. This includes an overview of ECEAP, orientation to the ECEAP contract, and Performance Standards sections A - Administration, B - Eligibility and Enrollment, and C – Human Resources. This is a repeat of the May and August 2008 trainings. Registration forms will be attached to the January ECEAP Reminders and Links.

### **DEL ECEAP Directors Meeting – Save the Date**

DEL is sponsoring a two-day ECEAP Directors Meeting on March 5-6, 2009, at ESD 113 in Olympia. We will develop the agenda in discussion with your Steering Committee. Please save the date and contribute your agenda ideas to your Steering Committee representative.

### **ECEAP Family Support Cluster Meetings – Save the Date**

DEL will sponsor meetings for staff who work with families, repeated in two locations:

- March 13, 2009 - Moses Lake
- March 18, 2009 - Lacey

The agenda includes training on the *Family Night Out!* curriculum, tips for supporting families to complete health exams, and networking with family support staff from around the state on shared interests. Registration forms will be attached to the January ECEAP Reminders and Links.

### **Collaborative Leadership Institute 2009 (CLI)**

DEL is one of the sponsors of CLI, a 10-month intensive leadership development program for emerging leaders in the field of early learning in Washington. Participants:

- Develop an innovative project to benefit their community.
- Increase self-awareness of their personal leadership style.
- Explore leadership research and literature.

- Learn to understand early learning as a system.
- Cultivate a broad range of strategies to achieve goals.
- Gain ability to harness resources to fuel their actions.
- Create change and make an impact in the field of early learning.

ECEAP contractors are encouraged to identify emerging leaders in their agencies and support their applications to CLI. Learn about requirements and find the application form, due January 9, 2009, at <http://www.wsaheadstarteceap.com/cli.html>.

### **Advanced DECA Training**

Devereux is providing national training opportunities on DECA, including Infant/Toddler and DECA-C (Clinical) trainings. These are not sponsored by DEL; register and pay directly on the website. Their DECA Program for Preschoolers Advanced Resilience Training will be in Renton, WA, on March 23-24, 2009.

[http://www.devereux.org/site/PageServer?pagename=deci\\_training\\_dates&JServSessionIdr001=j2m69d2ya4.app8a](http://www.devereux.org/site/PageServer?pagename=deci_training_dates&JServSessionIdr001=j2m69d2ya4.app8a)

## **Resource Links**

**Basic Food Program (food stamps)** Effective October 1, the gross income level for receiving food assistance is increased to 200% FPG and asset limits are waived. To help families determine if they would receive food assistance, use the DSHS calculator at [http://www.foodhelp.wa.gov/bf\\_benefit\\_estimator.htm](http://www.foodhelp.wa.gov/bf_benefit_estimator.htm). For more information about food assistance, including brochures in multiple languages, see [http://www.foodhelp.wa.gov/basic\\_food.htm](http://www.foodhelp.wa.gov/basic_food.htm).

**Children and Families of Incarcerated Parents** Washington State has a new guide to services, online at <http://www.dshs.wa.gov/pdf/incarcerated/beyondthewalls.pdf>. We will have hard copies of this for you at future ECEAP Directors meetings. Also, you may be able to access the related kits which OSPI is providing to each school district. These kits include videos, books, and other resources.

**Crime Victim Service Centers** Each Washington county has an office providing comprehensive advocacy services to victims of crime. This is free and confidential, for anyone, 24 hours a day. Services include personal, legal, and medical advocacy. Interpretation and translation are available. This service is available whether or not the crime was reported to law enforcement and regardless of whether or not the crime occurred in state. To find your local office, call the state hotline at (800) 822-1067.

### **Food Pyramid for Preschoolers**

The United States Department of Agriculture has launched a web-based food pyramid that provides nutritional guidelines and menu guidance for children ages 2 to 5. An interactive feature enables parents to enter a child's gender, age and activity level to get a customized food plan that promotes healthy eating.

<http://www.mypyramid.gov/preschoolers/index.html>

**Family Helpline** 1-800-932-HOPE (4673) This toll-free, confidential "warm line" is staffed by supportive, trained English and Spanish-speaking Parenting Coaches. Coaches listen to concerns and successes, help problem solve, and help families connect to local community resources. It is open Monday – Friday 9 a.m. to 10 p.m. and weekends 10 a.m. to 6 p.m. The Helpline is provided by Parent Trust of Washington State and funded in part by DEL. Download or order free parenting materials and a Helpline poster at [http://www.parenttrust.org/uploads/pdf/FHL/FHLResource\\_Request\\_Form.pdf](http://www.parenttrust.org/uploads/pdf/FHL/FHLResource_Request_Form.pdf)

**Making Friends: Assisting Children's Early Relationships** See a summary of new research on friendships between very young children and between children with and without disabilities. <http://www.fpg.unc.edu/~snapshots/snap55.pdf?email>

**Military Families** NAEYC has posted "Resources for Children, Teachers, and Families Affected by Military Deployment," including children's books and website links at <http://journal.naeyc.org/btj/200803/BTJMilitaryDeploymentChildrenResources.asp>



**Resiliency** – One definition of resilience is the ability to recover quickly from problems and setbacks. In ECEAP, we support the development resiliency of children through use of the DECA program, our strength-based family support practices, and all that we do. As adults, we also need support to remain resilient in tough economic times and throughout life's journeys. In that spirit, we offer these quotes:

It's not so much that we're afraid of change, or so in love with the old ways,  
but it's that place in between we fear . . . it's like being in between trapezes.  
It's Linus when his blanket is in the dryer. There's nothing to hold on to." - M. Ferguson

Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant. - Horace

Humor is the great thing, the saving thing. The minute it crops up, all our irritation and resentments slip away, and a sunny spirit takes their place. - Mark Twain

The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun. - Napoleon Hill

The bend in the road is not the end of the road unless you refuse to take the turn.